

Programming for Functional Training

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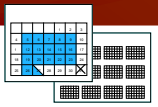
Programming for Training Functional

By Rob Orr



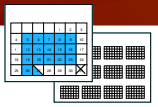
Contents:

- ◆ What exercise?
- ◆ History of training?
- ◆ Why this exercise?
 - Functional
 - Movement
 - Stability
- ◆ Overtraining



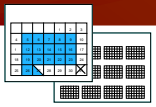
What exercise?

◆ Aim and needs of client



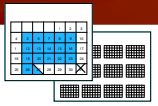
History of training

- ◆ Previous training experience
- ◆ Injury history



Functional

◆ What is functional?



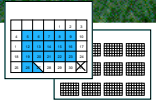
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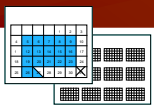
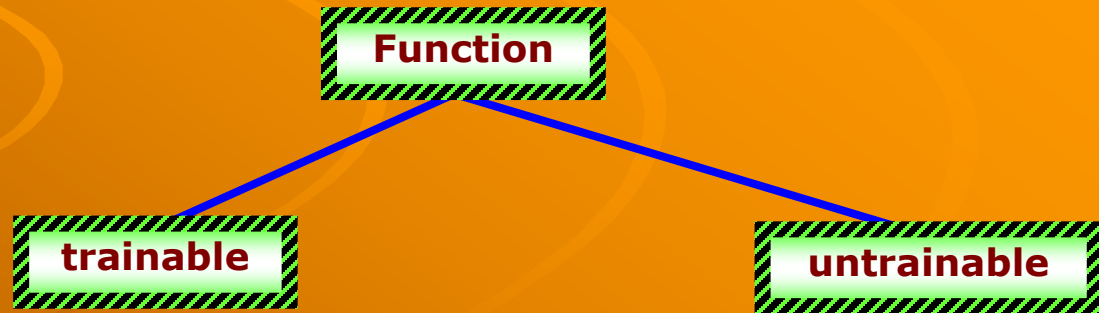
Functional

◆ Functional for what?



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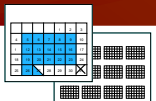


Functional

◆ Function or counter function?



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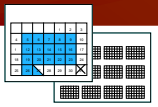


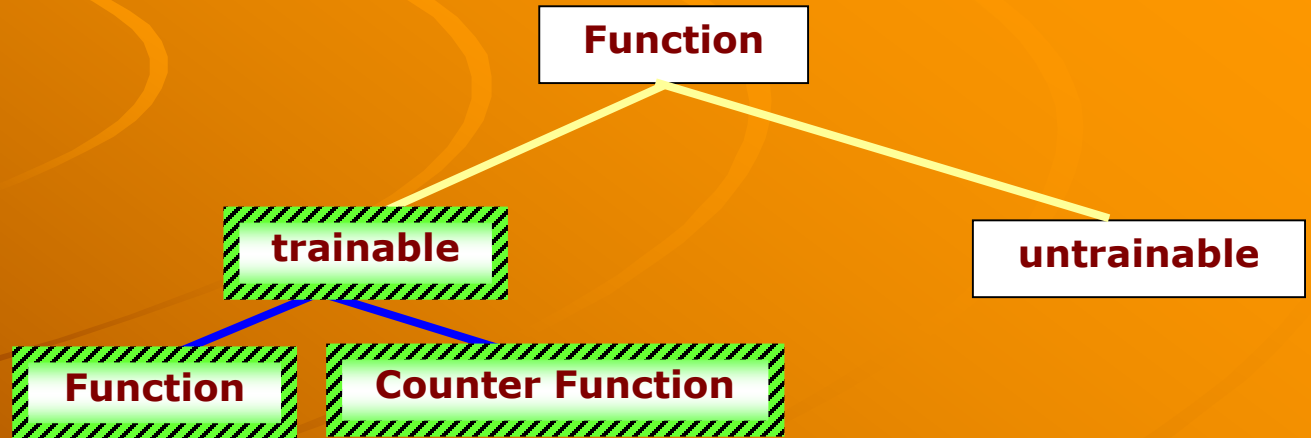
Functional

◆ Function or counter function?



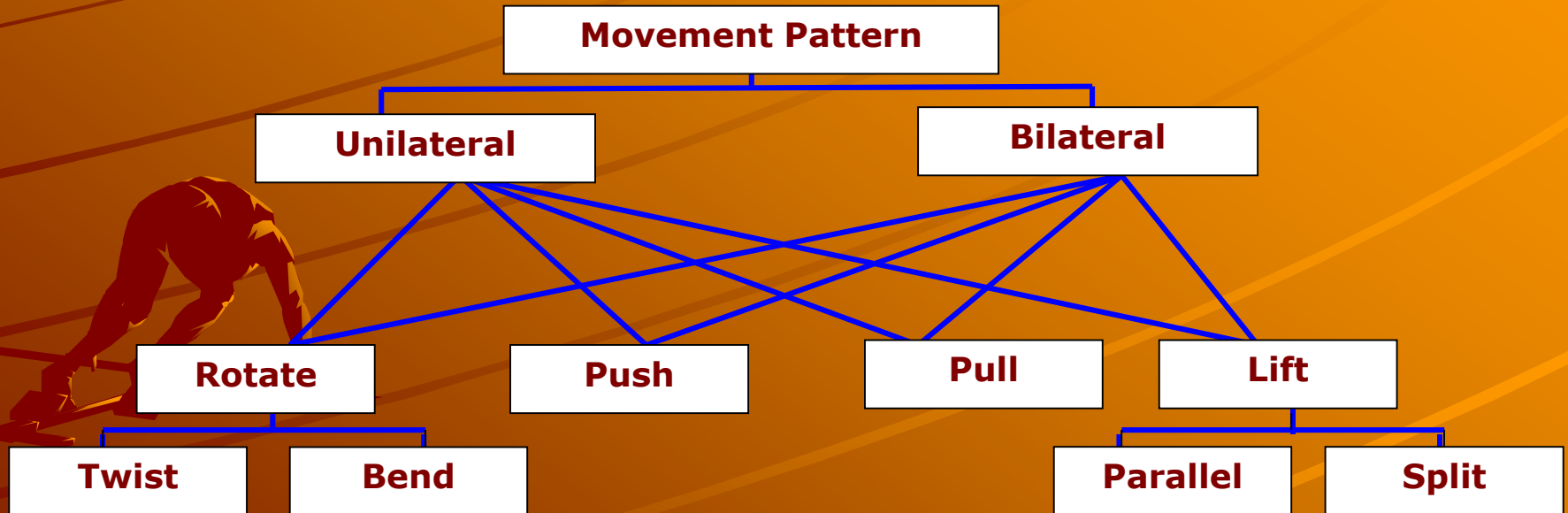
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Movement Patterns

- What are the movement patterns in the activity / movement?



Function

trainable

untrainable

Function

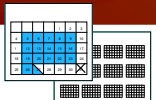
Counter Function

**Movement
patterns**



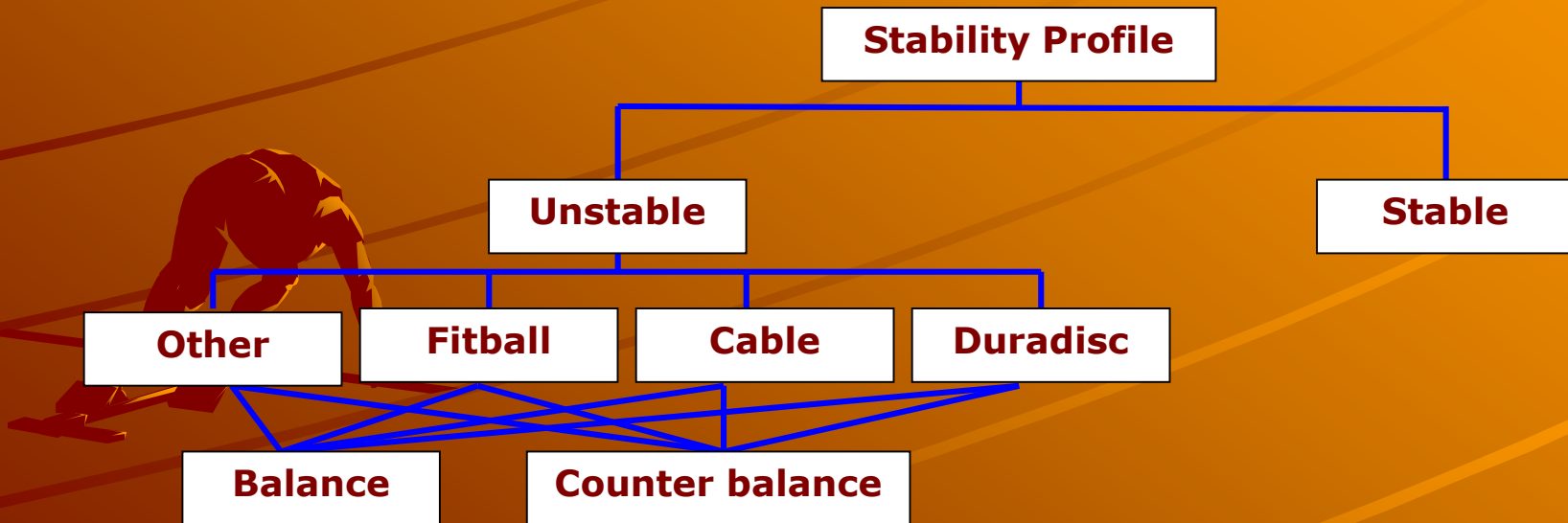
Stability Profile

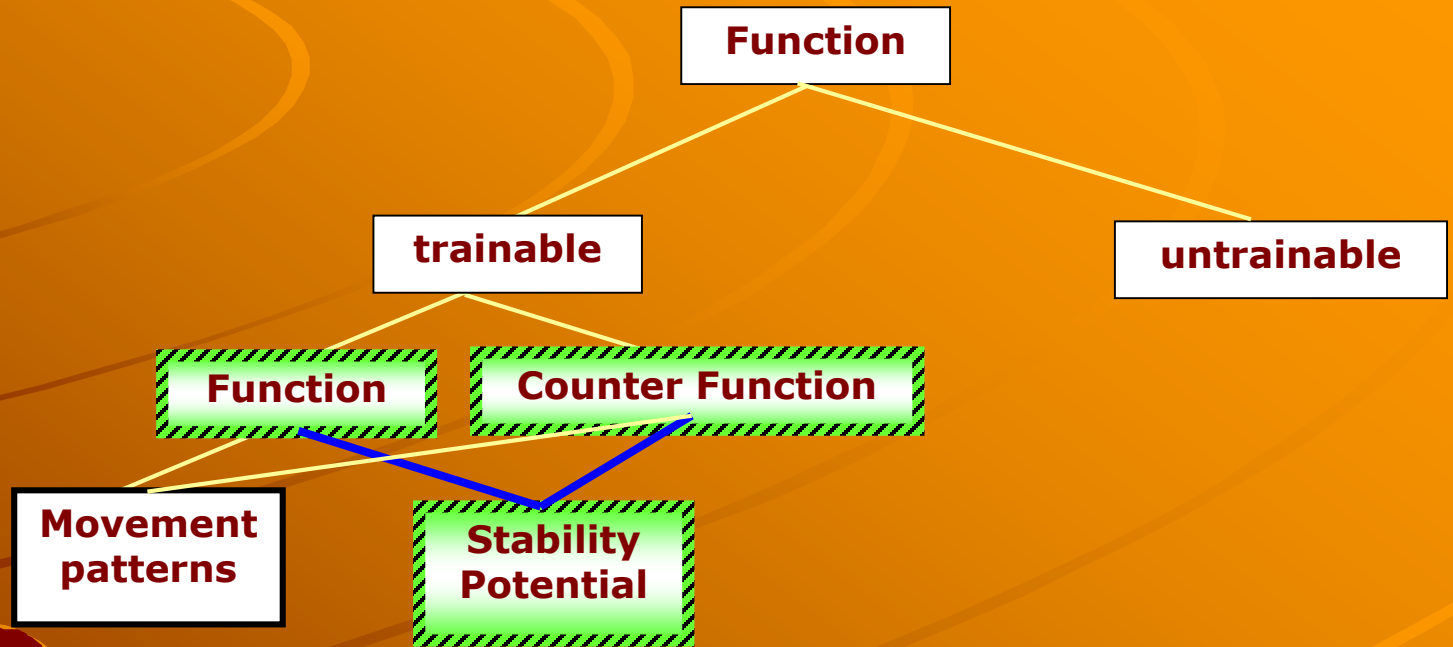
◆ Type of stability?

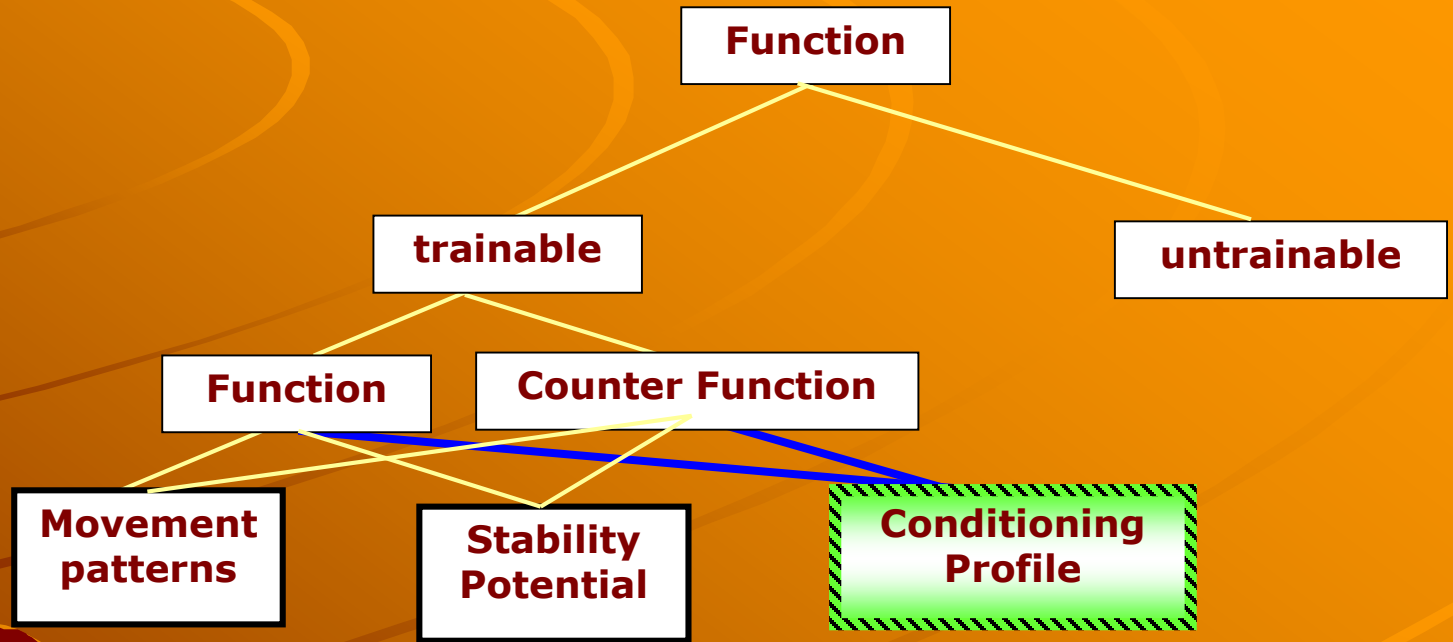


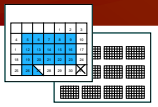
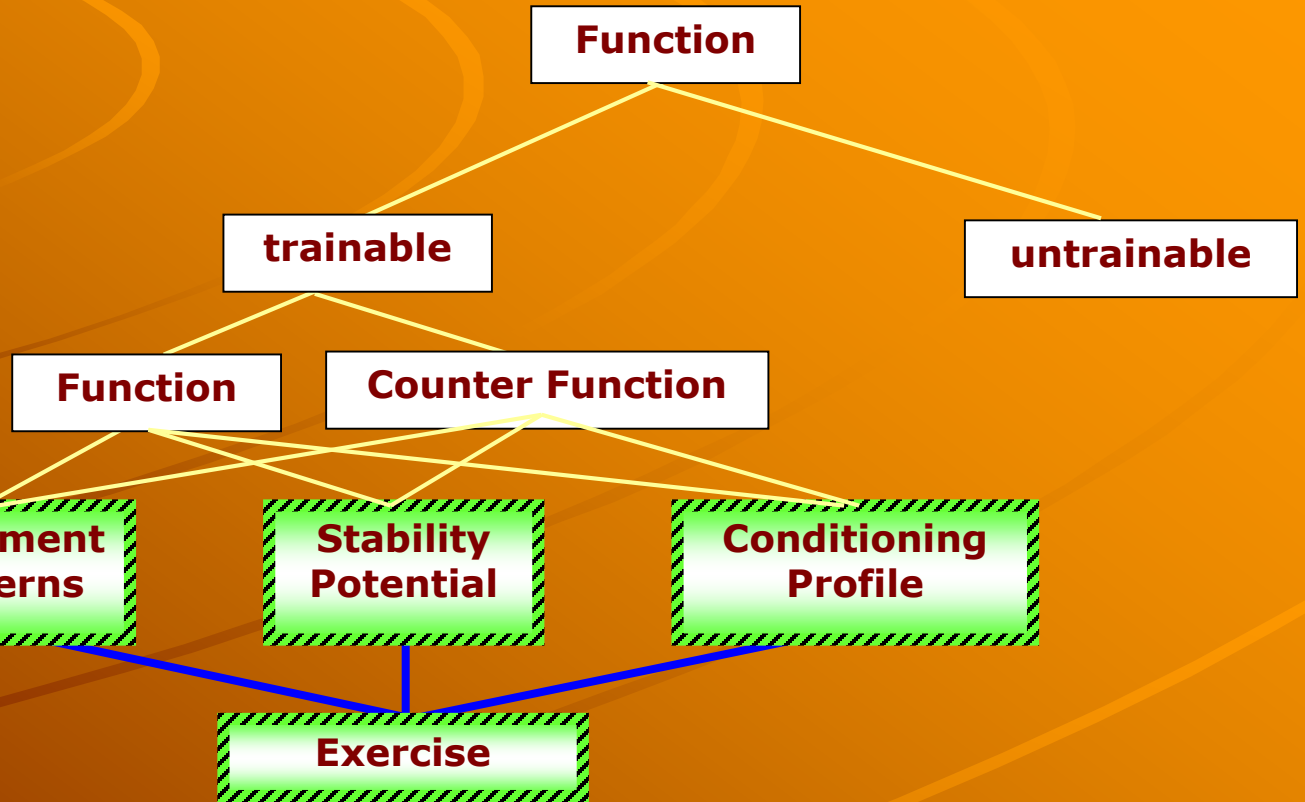
Stability Profile

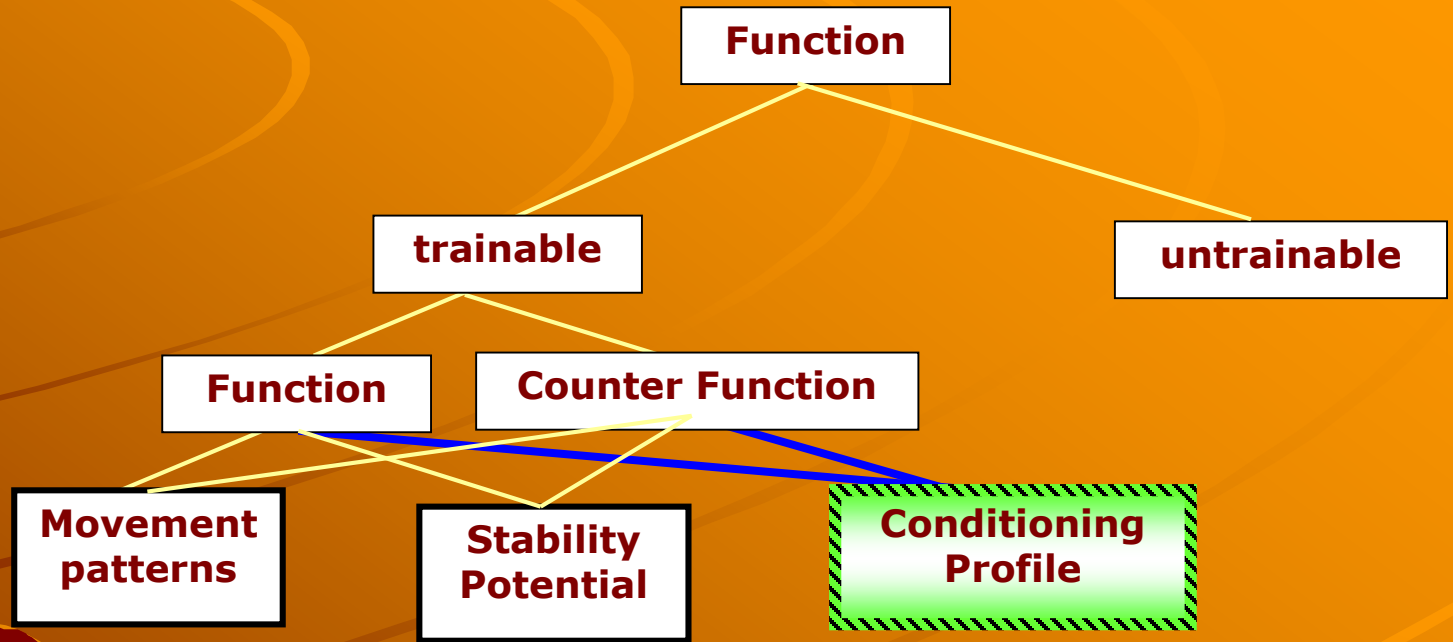
- ◆ Need for instability?
- ◆ Synergistic requirements?

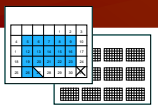
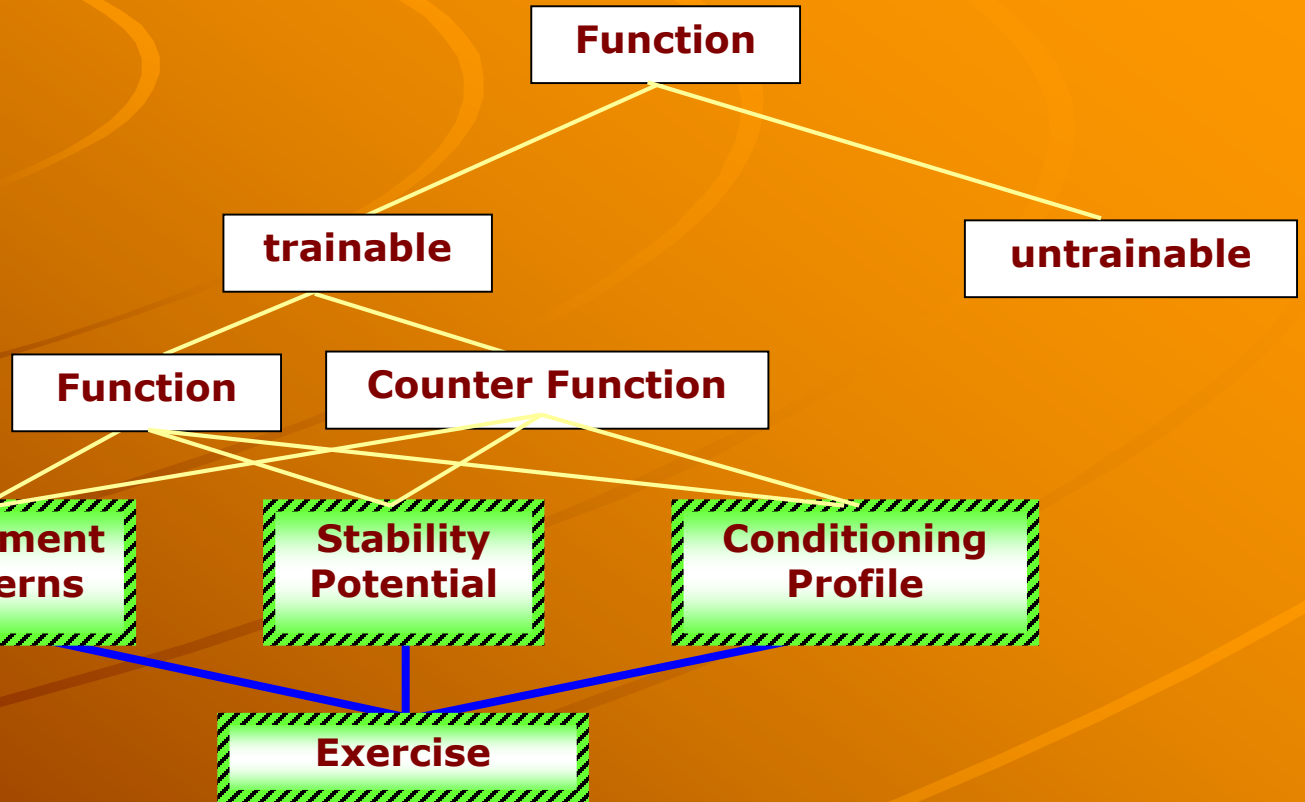












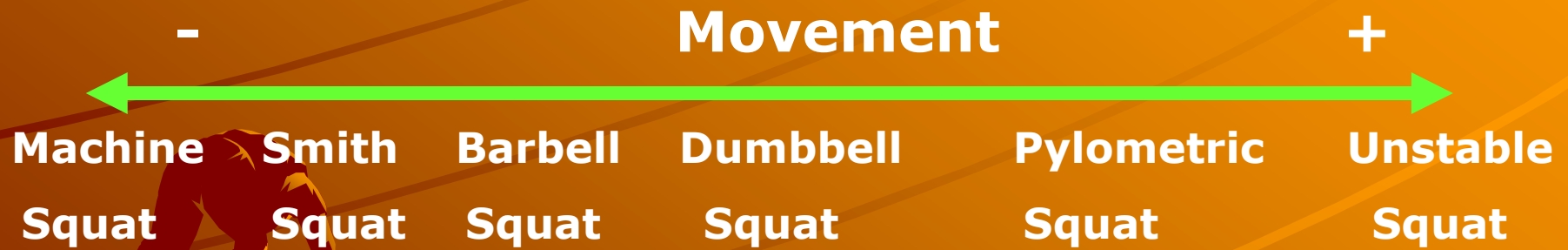
Movement Focus

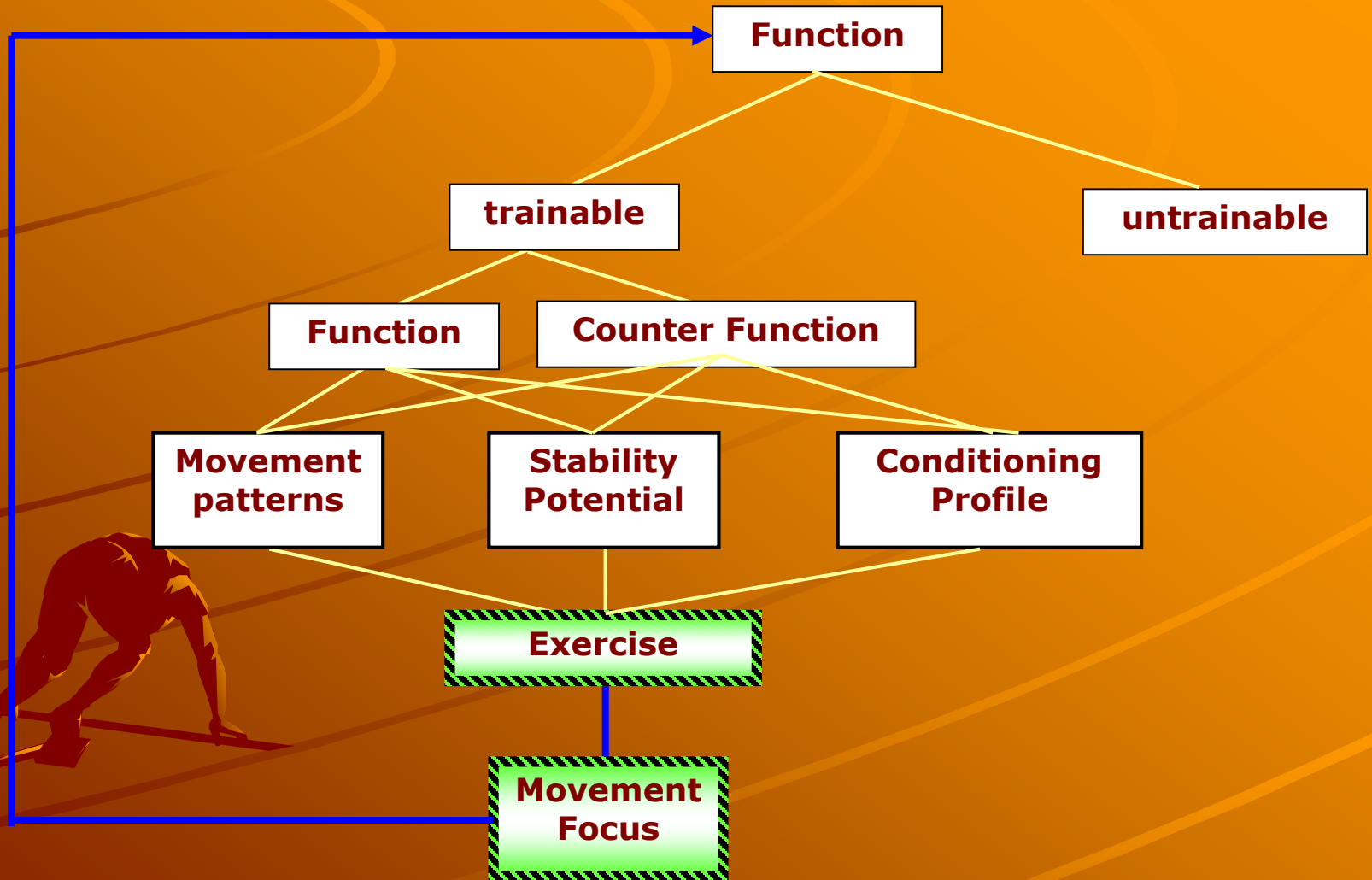
- ◆ How much movement?
- ◆ Across what planes?



Movement Focus

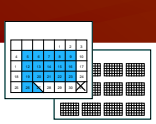
◆ Synergistic requirements?





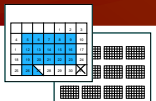
Legs

- Squat
- Unstable Squat
- Lunge
- Sprint
- Squat
- Deadlift
- Unstable Lunge
- Unstable run
- Unstable Deadlift
- Unstable sprint



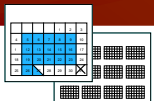
Back ... 1


- ❑ Seated Row /Bent Over Row / Pulldown
- ❑ Unstable Row / Pulldown / Chins
 - Cable Pull
 - Cable two hand pull
 - Inc Cable Chins
 - Cable / Rope Chins
 - Mobile Cable Chins
- ❑ Tug - Of - War / Haul / Rope Climb



Chest...1

- Push Ups on Knees
- Push Ups
- Push Ups (Feet OR Hands) on Medicine balls or cables
- Push Ups (Feet & Hands) on a Medicine ball / cable
- Replace Medicine Balls with Fit/Swissballs
- Bench Press
- DB Bench Press
- Bench on Swiss ball or DD
- Unilateral / Cable





**What is the function of
your functional
training?**